


Instructions for Using the Adult MVM Calculator

The calculator screen will show a **default** number for each ingredient labeled amount for adult MVMs, indicating the *most common labeled level* and its predicted mean level. Predicted mean value is calculated by the regression equation for that ingredient. Also calculated are the standard errors for the mean and for an individual observation and the percent difference from label for the mean prediction. All of these are per serving values. For more information about the statistical evaluation of adult MVM data, see the *Adult MVM Research Summary* on the DSID website.

Supplement Facts		
Serving Size: Two (2) capsules		
	Amount per serving	%Daily Value
Vitamin C (as ascorbic acid)	100 mg	167%
Vitamin B-1 (as thiamin)	1.5 mg	100%
Vitamin B-2 (as riboflavin)	1.7 mg	100%
Niacinamide	20 mg	100%
Vitamin B-6	10 mg	500%
(as pyridoxine HCL)		
Folic Acid	1000 mcg	250%
Vitamin B-12	6 mcg	100%
(as cyanocobalamin)		
Biotin	150 mcg	50%
Pantothenic Acid	5 mg	50%
Other ingredients: Gelatin, whey, magnesium stearate, stearic acid.		


Use the label information from the supplement container to enter the specific ingredient amount per serving (not the % Daily Value).

1. Enter values for any or all 18 ingredients within the range listed below each box. Press the 'tab' key on your keyboard or click outside the box to view entered data. Your calculated results, including your entered data, will appear in **red**.



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Select Values to Save	Ingredient in DSID (Common Synonyms)	Labeled Amount Per Serving (Valid Range for Prediction)	Predicted Mean Value Per Serving	Standard Error for Predicted Mean	Standard Error for Predicted Observation	Percent Difference From Label for Predicted Mean
<input checked="" type="checkbox"/>	VITAMIN C	100 mg (4 - 1000)	108 mg	0.96	11	8.38%
<input type="checkbox"/>	VITAMIN E (dl-alpha tocopherol, d-alpha tocopherol)	27 IU (9 - 360)	28.5 IU	0.29	3.1	5.42%


NOTE: If the values entered are outside the range indicated in the brackets, then a message which says "Outside Range" will appear.

	tocopherol)					
<input checked="" type="checkbox"/>	THIAMIN (vitamin B-1)	0.5 mg (0.75 - 5)	Outside Range	--	--	--

2. Select the 'Save' link near the top of the page.



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<input checked="" type="checkbox"/>	VITAMIN C	<input type="text" value="100"/> mg (4 - 1000)	108 mg	0.96	11	8.38%
<input type="checkbox"/>	VITAMIN E (dl-alpha tocopherol, d-alpha tocopherol)	<input type="text" value="27"/> IU (9 - 360)	28.5 IU	0.29	3.1	5.42%

3. Assign a profile name to each set of calculations.



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<input checked="" type="checkbox"/>	VITAMIN C	<input type="text" value="100"/> mg (4 - 1000)	108 mg	0.96	11	8.38%
<input type="checkbox"/>	VITAMIN E (dl-alpha tocopherol, d-alpha tocopherol)	<input type="text" value="27"/> IU (9 - 360)	28.5 IU	0.29	3.1	5.42%
<input type="checkbox"/>	(vitamin B-3)	<input type="text" value="20"/> mg (9 - 150)	20.3 mg	0.20	2.1	-6.39%
<input type="checkbox"/>	VITAMIN B-6	<input type="text" value="2"/> mg (1 - 150)	2.10 mg	0.036	0.31	12.6%
<input type="checkbox"/>						1.52%
<input type="checkbox"/>						4.93%

Assign a name for this profile of calculations.

Profile Name:

There are some fields unchanged. Do you want to include default values, or save checked data only?

[Include Default Values](#) | [Save Checked Data Only](#) | [Cancel](#)

- Choose either 'Include Default Values' (to include the original values shown on the data entry screen plus the data you changed) or 'Save Checked Data Only' (to include only the data you changed) to save your profile.
- To add additional profiles to the same file, select 'Add a New Profile' above the columns on the review page. Profiles from **all** DSID calculators can be saved in one file if desired. **[NOTE: In order to save these files onto your computer, your browser security settings must be configured to allow cookies.]**



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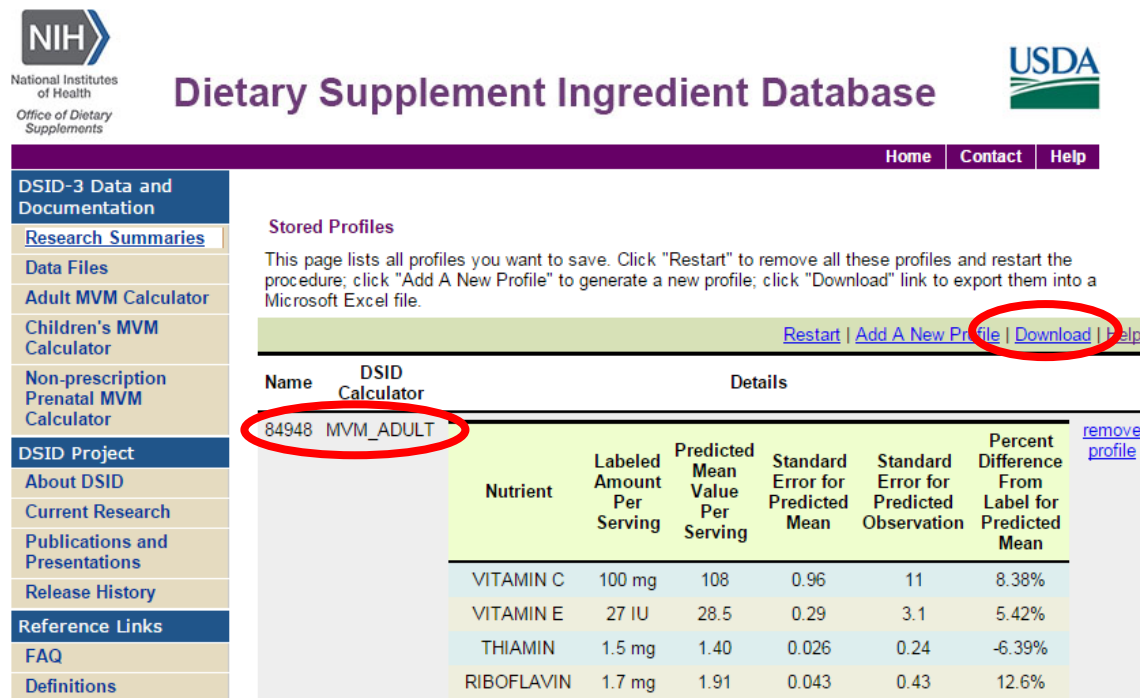
Stored Profiles

This page lists all profiles you want to save. Click "Restart" to remove all these profiles and restart the procedure; click "Add A New Profile" to generate a new profile; click "Download" link to export them into a Microsoft Excel file.

[Restart](#) | [Add A New Profile](#) | [Download](#) | [Help](#)

Name	DSID Calculator	Details						
84948	MVM_ADULT	Nutrient	Labeled Amount Per Serving	Predicted Mean Value Per Serving	Standard Error for Predicted Mean	Standard Error for Predicted Observation	Percent Difference From Label for Predicted Mean	remove profile
		VITAMIN C	100 mg	108	0.96	11	8.38%	
		VITAMIN E	27 IU	28.5	0.29	3.1	5.42%	
		THIAMIN	1.5 mg	1.40	0.026	0.24	-6.39%	
		RIBOFLAVIN	1.7 mg	1.91	0.043	0.43	12.6%	

- In the next window, view your results and download them as an Excel file (.xls) by selecting 'Download' and filling in the name of your file.



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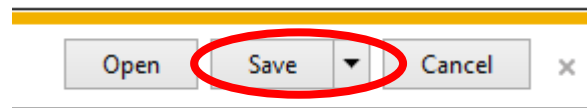
[Restart](#) | [Add A New Profile](#) | [Download](#) | [Help](#)

Name	DSID Calculator	Details						
84948	MVM_ADULT							remove profile
Nutrient	Labeled Amount Per Serving	Predicted Mean Value Per Serving	Standard Error for Predicted Mean	Standard Error for Predicted Observation	Percent Difference From Label for Predicted Mean			
VITAMIN C	100 mg	108	0.96	11	8.38%			
VITAMIN E	27 IU	28.5	0.29	3.1	5.42%			
THIAMIN	1.5 mg	1.40	0.026	0.24	-6.39%			
RIBOFLAVIN	1.7 mg	1.91	0.043	0.43	12.6%			

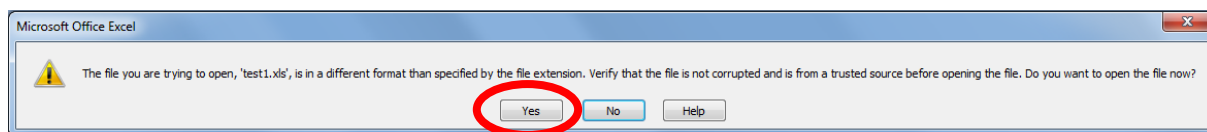
- After clicking download, the Excel file will be in the "downloads" folder or if you are using Internet Explorer web browser, you have to option to save it to a specific folder (see below). To open the downloaded file, go to the directory on your computer where the file was saved (or the 'downloads' folders) and open using Microsoft Excel. Once the file is saved, it can be manually modified and sorted.

*Internet Explorer Users:

Click the arrow next to save, then click save to choose a folder for the file (i.e, My Documents).



NOTE: When opening downloaded files in Microsoft Excel, you may receive this warning message. The warning message states “*The file you are trying to open, “file.xls,” is in a different format than specified by the file extension. Verify that the file is not corrupted and is from a trusted source before opening the file. Do you want to open the file now?*” Please note the warning does not affect the file and click ‘Yes’ to continue viewing the file.



Although the warning message does not affect the file, users who wish to remove the warning can follow these instructions:

To remove error message from DSID file downloads:

This fix will lower the security setting for Windows 7, Excel 07 from the default “1” to “0”:

Step 1. Click Start Button in Windows 7

Step 2. Enter regedit in search window, then click Enter

Step 3. Go to path:

HKEY_CURRENT_USER\Software\Microsoft\Office\12.0\Excel\Security

Step 4. Click Edit □ New □ DWARD (32-bit) Value

Step 5. Enter ExtensionHardening for the name of file created

Step 6. Right click the file “Extensionhardening”, then click “Modify...”


Step 7. A dialog appears, enter 0 for the “Value data:”

Step 8. Click Ok, and then click Exit in the file from the menu.


8. When reviewing the file in Microsoft Excel, please note that all numbers are **stored as text**. If you wish to convert them to number before modifying the data, highlight the rows you wish to convert, click on the yellow diamond to get the drop down menu and choose ‘Convert to Number’.

Profile Name	DSID Calculator	Nutrient	Unit	Labeled Amount Per Serving	Predicted Mean Value Per Serving	Standard Error for Predicted Mean	Standard Error for Predicted Observation	Percent Difference From Label for Predicted Mean
84948	MVM_ADU	VITAMIN C	mg	100	108	0.96	11	8.38
84948	MVM_ADU	VITAMIN E	IU	27	28.5	0.29	3.1	
84948	MVM_ADU	THIAMIN	mg	1.5	1.40	0.026	0.24	
84948	MVM_ADU	RIBOFLAVIN	mg	1.7	1.91	0.043	0.43	
84948	MVM_ADU	NIACIN	mg	20	20.3	0.26	2.7	
84948	MVM_ADU	VITAMIN B-6	mg	2	2.10	0.036	0.31	
84948	MVM_ADU	FOLIC ACID	mcg	400	453	6.3	70	
84948	MVM_ADU	VITAMIN B-12	mcg	6	6.54	0.13	1.3	
84948	MVM_ADU	CALCIUM	mg	162	185	3.1	24	
84948	MVM_ADU	IRON	mg	18	18.2	0.15	1.1	0.932
84948	MVM_ADU	PHOSPHORU	mg	109	118	0.97	7.0	8.13
84948	MVM_ADU	IODINE	mcg	150	189	3.1	30	26.2

- To start a new profile, click 'Restore Default' to change all values back to the original data values before any changes were made.


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NOTE: Predictions generated from the MVM Nutrient Calculators are estimates and are valid only for interpretation as indicated in the DSID documentation.